

**Guangyang Secondary School**

**2023 Secondary 3NA Nutrition & Food Science Semester Plan 1** (Updated on 5 Jan 2023)

Term(T) Week(W)	Lesson		Remarks
T1W1 [2 – 6 Jan]	Admin	Setting Classroom Expectations (TSR) Introduction to NFS & Syllabus	
T1W2 [9 – 13 Jan]	Theory	Unit 1: Carbohydrates Unit 2: Fats	
T1W3 [17 – 20 Jan]	Theory	Unit 2: Fats Unit 3: Proteins	<b>Fri 20/1: Sch. Celebration for CNY</b>
T1W4 [23 – 27 Jan]	Practical (Wed)	Chocolate Chip Cookies	<b>Mon 23/1 – Tue 24/1: CNY</b>  Practical → 1000h – 1130h (Bring Apron, towels, food container, plastic bags x 5*) *For Sem 1
	Theory/ Corrections	Unit 3: Proteins Corrections for WS 1 to 3	
T1W5 [30 Jan – 3 Feb]	Theory	Unit 4: Vitamins Unit 5: Minerals	
T1W6 [6 – 10 Feb]	Practical (Wed)	Curry Baked Rice	Practical → 1000h – 1130h (Bring Apron, towels, food container)
	Corrections/ Theory	Corrections for WS 4 to 5 Unit 6: Water & Dietary Fibre	
	Revision (Fri)	Revision for WA 1	
T1W7 [13 – 17 Feb]	WA1 (Mon)	Units 1, 2, 3	
	Theory	Unit 6: Water & Dietary Fibre	
T1W8 [20 – 24 Feb]	Practical (Wed)	Exp Study Work: Regular VS Low-calorie Muffins	Practical → 1000h – 1130h (Bring Apron, towels, food container)
	Theory	Completion of Exp Study Work (Worksheet)	
T1W9 [27 Feb – 3 Mar]	Practical (Wed)	Korean Seafood Pancakes	Practical → 1000h – 1130h (Bring Apron, towels, food container)
	Theory	Unit 7: Diet & Health Problems	
T1W10 [6 – 10 Mar]	Theory	Unit 8: Diet & Meal Planning	WEALTH week (TBC) Bring PLDs for Grp Work
	Grp Work		
Term Break			
T2W1 [20 – 24 Mar]	Theory	Unit 8: Diet & Meal Planning	<ul style="list-style-type: none"><li>Discussion of Grp Work</li><li>Bring PLDs for Grp Work</li></ul>
	Grp Work		
		Practical (Wed)	Banana Pie (SCP)
T2W2 [27 – 31 Mar]	Practical (Wed)	Mee Hoon Kueh	Practical → 1000h – 1130h (Bring Apron, towels, food container)
	Grp Work	Unit 8: Diet & Meal Planning	Presentation of Grp Work (Thu, Fri)
T2W3 [3 – 7 Apr]	Grp Work (Mon)	Unit 8: Diet & Meal Planning (Standby date)	<b>Fri 7/4: Good Friday</b>
	Coursework (WA2)	RESEARCH	Start of WA2 (Coursework)
T2W4 [10 – 14 Apr]	Practical (Wed)	Chili Crab Quiche	Practical → 1000h – 1130h (Bring Apron, towels, food container)
	Coursework (WA2)	RESEARCH	

Term(T) Week(W)	Lesson		Remarks
T2W5 [17 – 21 Apr]	Coursework (WA2)	DECISION MAKING	<i>Fri 21/4: Eve of Hari Raya Puasa</i>
T2W6 [24 – 28 Apr]	Coursework (WA2)	EXPLORATORY STUDY (PLAN)	<i>Mon 24/4: Sch Hol in lieu of Hari Raya Puasa</i>
T2W7 [1 – 5 May]	Coursework (WA2)	EXPLORATORY STUDY (PLAN)	<i>Mon 1/5: Labour Day</i> <i>Fri 5/5: Sch Commendation Day</i>  Practical → 1000h – 1130h (Bring Apron, towels, food container)
	Coursework (WA2)	EXPLORATORY STUDY (CONDUCT) • Practical (Wed)	
T2W8 [8 – 12 May]	Coursework (WA2)	DECISION MAKING (FINAL)	<i>All WA2 to be completed by Friday</i>
T2W9 [15 – 19 May]	Coursework	EXPLORATORY STUDY (DISCUSSION)	
T2W10 [22 – 26 May]	Theory	Unit 9: Methods of Cooking	• <i>Fri 26/5: PTC</i>